

EMBODIED CONNECTION CIRCLES

“The next Buddha may take the form of a community – a community practicing understanding and loving kindness, a community practicing mindful living. This may be the most important thing we can do for the survival of the earth.”

Thich Nhat Hanh

Modern life with all its challenges and transitions can make it difficult to feel connected to ourselves and others. It is helpful to gather in a mindful way to become more grounded and embodied in order to more fully live from a place of inner knowing and strength.

I hold sacred space for those who are seeking community in their lives to come together and learn and grow from becoming more connected to themselves and each other.

Circle gatherings will begin with practices to arrive in our bodies such as guided meditation and gentle yoga poses. We will share our experiences with each other via a check-in and explore emergent topics. I offer teachings and skills based on what is organically emerging in the group.

Group meets for 2 hours bi-weekly for 8 sessions.

Come be nourished! Contact me for information on upcoming circles.